



# Vaginitis Fact Sheet

Vaginitis is the imbalance of 'good' versus 'bad' bacteria in the vagina. Vaginitis is not always caused by sexual contact; sexually inactive women can have this condition.

## SIGNS AND SYMPTOMS

Symptoms in women include:

- Swelling, itching, and burning in the vagina that can be caused by several different germs.
- Unusual discharge and/or smell
- Bacterial Vaginosis
- Yeast Infection
- Trichomoniasis

Risk Factors for Acquiring/Developing Vaginitis:

- New and/or multiple sex partners, especially without using condoms
- Antibiotics
- Pregnancy
- Douching
- Damp underwear
- Vaginal products, such as sprays, lubricants, and birth control devices

## TRANSMISSION

Vaginitis infections are transmitted through:

- Vaginal sex

## COMPLICATIONS/CONSEQUENCES

Complications from vaginitis are dependant upon the cause of infection (see complications/consequences of BV, trichomonas)

- Causes special problems in pregnant women and their babies.
- Re-infection after treatment is possible.

## PREVENTION

- Use latex condoms during all sexual contact
- Wash vaginal area daily with mild soap, rinse well and pat dry.
- Wipe your vagina and anus from front to back
- Take antibiotics only when necessary.
- Limit number of sex partners.
- Wear cotton or cotton lined underwear
- Do not wear tight pants or panty hose in hot weather – which in Florida is most of the year.
- See your health care provider if you have any unusual discharge or smell.

## TREATMENT

Treatment should include:

Medication that is prescribed by a health care provider and is dependent on what 'germ' is causing the infection. See treatment recommendations for BV and yeast infection.

- Treatment for Bacterial Vaginosis
- Treatment for Yeast infection
- Appropriate treatment of partners

### Contact Information:

For more information pertaining to Florida clinical services, sites, and treatment recommendations please visit us on the web at [http://www.doh.state.fl.us/disease\\_ctrl/std/clinical/clinical.html](http://www.doh.state.fl.us/disease_ctrl/std/clinical/clinical.html) or email us at: [HSD\\_STD@doh.state.fl.us](mailto:HSD_STD@doh.state.fl.us).

### National STD Hotline

1-800-227-8922 (24 hrs, 7 days a week)

### Spanish

1-800-344-7432 (8am-2pm EST, 7 days a week)

### Hearing Impaired

1-800-243-7889 (10am-10pm EST, Mon.-Fri.)